

# CAT Recipients Video Transcript

## **Ben**

A positive change that CAT has made in my life is probably, it's easier to get things done that I need to get done.

## **Anthony**

The program, it's worked out so well for me. It is like night and day from when I first started.

## **Yolanda**

Well I like being in my own home, I can clean up, I can cook for myself, wash clothes and meet different people. I like it.

## **Adan**

It's been an experience. I enjoyed people coming in, working with me, the topics that we had to work with were enjoyable and I would like to keep doing that.

## **Candice**

For Adan, he's been really trying to figure out a good meal plan for himself that's healthier. He's someone who told me very early on, I don't really like green things a whole lot, and now he's going and he's picking things like asparagus and avocado smoothies. So for him to say, no, but I'm not gonna do the ice cream today, I'm gonna try this weird recipe that Candice came up with, is pretty huge.